



# Boost Your Brain and Memory

*Looking for ways to promote brain health as you age?*

## About the Class:

Boost Your Brain and Memory is an instructor-led, 7 week program designed to help participants implement new habits to promote and maintain cognitive health while also practicing new skills for better memory performance. Topics include physical health, nutrition, cognitive activity, emotional health, spiritual activity, and social engagement.

## Event Details:



Wednesdays,  
April 15 through  
May 27th



1:30pm - 3:00pm



Muscoda Public Library  
400 N. Wisconsin Ave.  
Muscoda, WI

**Registration  
Required!**

For more information or to register, please contact Hailey:



608-426-0185



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Your Bridge to Support